

AT HOME TENNIS CHALLENGE

During this time when group class is paused, and we are home more than ever before, we challenge you to a series of activities that will improve your game and keep you sharp for when you return to the courts. You don't have to complete every challenge each day. Do as many as you like or just 1 or 2 a day. Set goals for the week and have a planned time to work on your tennis. Share your progress on Instagram or Twitter by tagging @gopherranch #TennisAtHome #StayAtHome SRPLimitlessShelterInTennisChallenge #NetGeneration #ScottsdaleRanchTennis or send us your progress via email. Most of all have fun with it!

Racquet Skills

Create a court of any size, using anything, inside or in your yard, and play a match against someone in your house.

Day 1	2	3	4	5	6	7

Shadow swing forehands, backhands, serves, volleys and overheads

Day 1	2	3	4	5	6	7

100 volleys against a wall

Day 1	2	3	4	5	6	7

Play a match against a wall

Day 1	2	3	4	5	6	7

Create a trick shot and share it with @USTA and #NetGeneration.

Day 1	2	3	4	5	6	7

Set a personal record for your longest rally against a wall

Record 1	2	3	4	5	6	7

Watch a tennis match on YouTube or TV

1	2	3	4	5	6	7

Athletic Skills

Shoot and make free throws.

Day 1	2	3	4	5	6	7

Throw and catch a football for 10 minutes

Day 1	2	3	4	5	6	7

Jump rope different ways for 10 minutes

Day 1	2	3	4	5	6	7

Create a footwork ladder. Use it to practice footwork patterns.

Day 1	2	3	4	5	6	7

Longest plank personal record

Record 1	2	3	4	5	6	7

Write a note or send a text thanking someone who displays great sportsmanship. Pass it on.

Day 1	2	3	4	5	6	7

Start and keep a tennis journal. Write in it every day

Day 1	2	3	4	5	6	7